FEELING STUCK?

Try the Getting Unstuck Workshop from the Cook Counseling Center!

What: 3-session workshop focusing on Cognitive Behavioral Therapy Skills for Depression

Who: Students with mild-to-moderate depressive symptoms

When: Thursdays 3:30 to 4:30 pm. Dates for the next cycle are November 19th, December 3rd and 10th

Where: On Zoom! Sign up here: https://virginiatech.qualtrics.com/jfe/form/SV_4NpiPg10Q4jDbSZ